



Media Advisory
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HEALTH ADVISORY

RISK of SMOKE INHALATION

SAN JOSE, CA – The Santa Clara County Public Health Department is advising residents to take precautions due to high levels of pollutants in the air. The visible smoke and higher pollutants are a result of the Summit fire in the Santa Cruz mountains. Individuals with respiratory problems, young children and older adults should limit their exposure to smoky air by staying indoors as much as possible. Windows and doors should be kept closed to prevent indoor air from becoming dirty.

“When heavy smoke is visible outside, it’s important to take steps to reduce the chance the having breathing problems,” said Dr. Marty Fenstersheib, Health Officer of Santa Clara County. “People should stay indoors, keep windows, doors and vents closed. If you have one, it is a good idea to run your air-conditioner.”

Symptoms that may develop due to the amount of smoke in the air include irritation of the lungs and eyes, coughing, scratchy throat and irritated sinuses. Persons in good health should use common sense and limit outdoor activities when smoke is visible.

Individuals most at risk include children, seniors and those with respiratory problems. These individuals are advised to avoid going outdoors and/or exercising outside. People at risk should also avoid excess exertion and exposure to cigarette smoke and other respiratory irritants. If you develop repeated coughing, chest tightness or pain, wheezing, difficulty breathing or nausea, call your medical provider immediately. For more information, please see the attached Question & Answer sheet, or call the Public Health Information Line at 408.885-3980.